



# Criteria Menu #10

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**Hold an Olympic Field Day.**



**Definition:** Your school will need to organize an Olympic-themed field day, including multiple events that will show students fun ways to stay active.

## **Resources**

PE Central

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2247>

International Olympic Committee

[www.olympic.org](http://www.olympic.org)



# Assignments

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## **School Coordinator Assignments**

- Schedule a day to hold the Olympic Field Day
- Get support from the PTA
- Help plan the event

## **Mentor Assignments**

- Help plan the event
- Make posters/flyers promoting the event
- Attend the Olympic Field Day
- Write a description for the mid-year and end-year reports



# Criteria Menu #10 Ideas

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- If it is an Olympic year, focus on the country where the Olympics will be held
- Focus on Greece and the Ancient Olympics
- Focus on the 2002 Winter Olympics held in Salt Lake City
- Get into it: play the Olympic theme song, use medals, etc.
- Invite local, Olympic, or Paralympic athletes to participate



# Olympic Field Day Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

## **The description must include...**

- ☐ The date of your Olympic Field day
- ☐ A description of the activities the students will participate in



# Olympic Field Day Description

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Green Meadow Elementary will hold an Olympic themed field day on May 27, 2008.

Events will include:

- 50m egg relay race
- 100m potato sack race
- 100m three-legged race
- Soccer ball shot put
- Cardboard bobsled race
- Cross Country ski race
- Slalom Course
- Grass Skating Contest
- Flag Making

# Additional Resources

## Ideas for Events

**Egg Relay:** Set up a course with cones. Divide students into teams of 4. At the whistle, the first member of the team will run to the first cone with an egg on a spoon. They must circle the cone then return to the starting line. They will then pass the egg and spoon to the next teammate who will run to the cone, circle around, and pass it off to the next teammate. This continues until all teammates are to the finish line. The team with the fastest time wins. If the egg is dropped the runner must return to the finish line, get another egg, and then run to the cone and back.

**Potato Sack Race:** At the whistle, students must hop to the finish line while standing in a potato sack. First to the finish line wins.

**Three-Legged Race:** Students will divide into groups of two. Each pair of students will stand side-by-side and tie their inner legs together. This should be done with a soft cloth. At the whistle, the students will run towards the finish line together. First to the finish line wins.

**Soccer Ball Shot Put:** A course must be set up with measured distances. Each student will stand at the starting line and throw the soccer ball as far as they can. The distance can be marked from the end of the roll. The student who throws the ball the farthest is the winner.

**Discus:** A course must be set up with measured distances. Each student will stand at the starting line and throw a Frisbee as far as they can. The student who throws the Frisbee the farthest is the winner.

**Cardboard Bobsled Race:** This race requires large cardboard boxes to fit four students. Students should be divided into groups of four. All four of the students must stand inside of the cardboard bobsled and walk to the starting line. At the whistle students will race to the finish line. The students to the finish line first are the winners.

**Cross Country Ski Race:** This race requires long boards with 4 holes drilled in them about 2 feet apart. Four pieces of shoulder length rope should be knotted on one end and placed through the holes. Another knot should be tied to keep the rope in place. Two boards will be needed for each group of four students. The students should position one foot on each of the boards and walk together to the starting line. At the whistle, the students will race to the finish line. The students must work together to coordinate the movement of the boards. The first group of students to the finish line wins.

**Slalom Course:** This game works best if your playground has a hill. Set up cones in a zigzag pattern. Students must race to the finish line by weaving in and out of the cones. The first student to the finish line without missing a cone is the winner.

**Grass Skating Contest:** This contest requires four judges with scorecards from 1 to 10. Students will “skate” on the grass to music. At the end of the performance each judge will give the student a score between 1 and 10. The student with the highest score is the winner.

**Flag Making:** Students will create a flag representing their fictional country. Flags can be judged at the end of the day and a winner can be chosen from each grade level.

**Obstacle Course:** Create an obstacle course for students to race through. Obstacles could include running through tires or hula hoops, jumping over buckets of water, going across the monkey bars, crawling through barrels, jumping rope, etc. Students can go through the obstacles as a team or individually. First to the finish line wins.